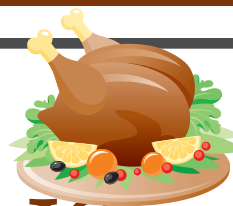




Friendship Heights



VILLAGE NEWS

NOVEMBER 2010

301-656-2797

VOLUME 25, NO. 6



Festival of Lights

page 3

A unique shopping opportunity

The 2010 "Holiday Affair" artisan fair returns to Friendship Heights Village Center **Friday, Nov. 5, from 7 to 9 p.m., and Saturday, Nov. 6, from 10:30 a.m. to 3 p.m.**



Join us on Friday evening for a special preview party, featuring the opportunity to purchase hand-crafted items before the actual craft fair on Saturday. Light refreshments will be served and the event is free.

Artisans will be selling a variety of hand-crafted items including jewelry, textiles, small paintings and cards, purses, accessories, baskets, pottery, fused glass, children's items, and more.

A representative from Usbourne Books will be on hand Saturday with a wide selection of children's books.

Get a head start on your holiday shopping and bring the whole family to the Village Center for unique gifts and gift ideas. There is no admission fee.

The festivities and shopping opportunities continue on Saturday. For information, call the Village Center at 301-656-2797.

Sunset Boulevard at Signature Theatre

Join us on **Saturday, Jan. 22**, for a matinee performance of the Tony Award-winning Andrew Lloyd Webber musical *Sunset Boulevard* at Arlington's Signature Theatre.

All the glamour of old-time Hollywood comes alive in the Washington premiere of this tale of a faded movie star. Directed by Signature head and Artistic Director Eric Schaeffer and starring Florence Lacey (star of Broadway's *Evita* and Signature's *Follies*), *Sunset Boulevard* promises to be the musical event of the season.

When *Sunset Boulevard* was on Broadway, it earned Tony Awards for Best Musical as well as Best Score, Best Book, Best Scenic Design, Best Lighting Design, and Best Actress. Signature Theatre won its own Tony in 2009 for Best Regional Theater. Its dramatic new space opened in Shirlington in 2007. If you haven't seen it yet, this is the perfect chance to see the new building as well as enjoy a glorious musical. Our excellent seats are in rows C, D and E. "All right Mr. DeMille, we're ready for our close-up!"

We will leave the Center at 12:45 p.m. and return by 5 p.m. The cost of the trip, which includes a discounted ticket, transportation, and all gratuities, is \$83. After Nov. 30, the price will go up to \$93. Residents and one guest may sign up immediately; nonresidents may sign up Nov. 15. There are 24 spaces available.

Visit Mount Vernon

Join us as we make a special trip to George Washington's beautiful home on the Potomac on **Tuesday, Nov. 30**.

We'll explore the new Visitors Center, tour the historic mansion and feast on traditional colonial fare at the Mount Vernon Inn, all decorated for the holidays.

Mount Vernon was the beloved home of George and Martha Washington from the time of their marriage in 1759 until General Washington's death in 1799. He worked tirelessly to expand his plantation from 2,000 acres to 8,000 and the mansion house from six rooms to twenty one.

We'll depart from the Village Center at 9 a.m. and will arrive in time to view several exhibits in the Visitors Center before lunch at the Mount Vernon Inn. Our menu includes a salad, choice of roasted turkey with cornbread stuffing and gravy, Virginia sugar baked ham, or vegetarian lasagna, apple pie for dessert and coffee or tea.

Following lunch, we'll meet our guide for a 30-45-minute walking tour of the grounds of Mount Vernon. You'll also have time to visit the mansion and stop by the gift shop. We should return to the Village Center by 5:30 p.m.

The cost of the trip, which includes round-trip transportation, admission to Mount Vernon, three-course lunch, guided tour and all taxes and gratuities, is \$85.

Sign-ups begin immediately at the Village Center. There are 29 spaces available.

Join us for a spectacular holiday trip to the Greenbrier

A few spaces are still available for our three-day, two-night trip to the luxurious Greenbrier resort **Sunday, Dec. 12 through Tuesday, Dec. 14.**

Enjoy all the splendors this award-winning, five diamond resort has to offer. You'll be surrounded by luxury as you while away the hours enjoying a host of activities at the resort. Shop, swim, or take advantage of the first-class spa on the property. Enjoy a relaxing game of billiards, bowling or chess. See first-run movies in the Greenbrier's private theatre. You may choose to try your luck at the gaming tables at the Greenbrier's new casino. Enjoy afternoon tea and concerts, and then get into the holiday spirit as you dress up for dinner (coat and tie required for gentlemen).

Also during our stay, we'll tour the Greenbrier's historic former Government Relocation Facility, also known as "The Bunker." It was designed to accommodate both the U.S. Senate and the House of Representatives in the event of a nuclear war.

We'll depart from the Village Center at 11 a.m. on Sunday, and should return by 5 p.m. Tuesday.

The cost of the trip, which includes round-trip transportation, two nights traditional accommodations at the Greenbrier, two breakfasts and two dinners in the Main Dining Room, two afternoon teas, tour of the bunker, all resort fees, all taxes and all gratuities, is \$699 per person based on double occupancy. The single supplement is \$214. A deposit of \$400 is required at sign up. The balance is due Nov. 8.

You are encouraged to obtain trip insurance. Information about trip insurance is available at the front desk of the Village Center.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the December issue is November 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

An evening of festive lights

More than 500,000 Christmas lights will illuminate the grounds of the Mormon Temple for the 33rd annual Festival of Lights. Join us when we travel just down the road to Kensington to view this spectacle on **Thursday, Dec. 16**. We'll depart from the Village Center at 6:30 p.m., but come early at 6 p.m. and enjoy hot chocolate and cookies prior to departure. The Festival of Lights features more than 100 decorated trees and an international crèche display. Each night, a different local musical group performs a live concert. Visitors are welcome to explore the Washington, DC Mormon Temple grounds and the Visitors' Center and see a live outdoor nativity scene, an indoor exhibit of international nativity scenes and a selection of Christmas films.

We should return to the Village Center by 9:30 p.m. The cost is just \$15 per person, and includes transportation, and all taxes and gratuities. The cost for children is \$8, when accompanied by an adult. Sign-ups begin immediately at the Village Center. There are 45 spaces available.

A tour of Arlington Cemetery

A few spaces remain on the **Tuesday, Nov. 16**, trip to Arlington National Cemetery with lunch at RIS.

We will begin with a 3-course-lunch at RIS, the West End restaurant opened last winter by Ris Lacoste, former chef at 1789. Please choose at sign-up Caesar salad or gnudi (ricotta dumplings) as a first course, and, baked salmon or braised lamb shank for an entrée. Dessert will be the chef's choice.

Following lunch, we will visit the 612-acre cemetery that was once part of Robert E. Lee's plantation home. We will ride a Tourmobile—the only vehicle authorized to give a tour of the cemetery—that will stop at the Tomb of the Unknowns (Changing of the Guard), the Kennedy Gravesites, Arlington House, and the Women in Military Service for America Memorial. You may get off where you like- the buses run every 15 minutes—or you may stay on the Tourmobile.

We will leave the Center at 10:45 a.m. and return by 4:30 p.m. The cost of the trip, which includes transportation, lunch, Tourmobile ticket, and all gratuities, is \$109.

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A portrait of Eleanor Roosevelt

Journalist Maurine Beasley will discuss her book, *Eleanor Roosevelt: Transformative First Lady*, at the Village Center on **Thursday, Nov. 18, at 7:30 p.m.**

Although previous books have dealt with Eleanor Roosevelt, this is the first to focus on her White House years. Ms. Beasley, professor emerita of journalism at the University of Maryland, former education editor for the *Kansas City Star* and staff writer for the *Washington Post*, is a scholar with extensive knowledge of Mrs.

Roosevelt's life and times and provides in her book a detailed examination of the innovative first lady that will enlighten those who think they already know her.

Copies of the book, provided by Politics and Prose, will be available for purchase. Sign up by calling 301-656-2797.



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Village Voices

Tea and Talk: Nancy Roman on astronomical research

Friendship Heights Village resident Nancy Grace Roman, NASA's first Chief of Astronomy and first female executive, will speak at the Village Center on **Friday, Nov. 19, at 2 p.m.**, about current areas of astronomical research.

Dr. Roman will discuss the formation of stars and planets, the search for extra-solar planets, and the beautiful fireworks produced by dying stars. The lecture will be illustrated with pictures from the Hubble Space Tele-

scope, which Dr. Roman helped develop. She devoted her career to designing and launching orbiting optical telescopes that gather data unobtainable on Earth.

Afterward, please stay for tea. Let us know if you are coming by calling 301-656-2797.

Literature series at the Center

Join this discussion group at the Village Center for 45-minute video presentations entitled "Classics of American Literature" on **alternate Tuesday evenings from 7:30 to 8:30 p.m.** This month the group will meet on **Nov. 9** for the introductory lecture that will outline the series and **Nov. 23** to discuss Benjamin Franklin's *Autobiography*, the "First American Story."

The taped lectures are given by Professor Arnold Weinstein at Brown University, where he has taught for more than 35 years. He received his undergraduate from Princeton; his M.A. and Ph.D. in comparative literature from Harvard. He has received many honors and fellowships and is the author of several books. Each lecture is about 45 minutes in length, with 15 to 30 minutes added to discuss and socialize at the end of the video.

The DVD series was produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Please sign up by calling 301-656-2797.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Nov. 4, 7 p.m. — Movie — *Enchanted April*

— Two cloistered, married English women impulsively rent an Italian villa and embark upon a vacation without their spouses. They are joined by two other ladies: the high-flown aging widow and elegant beauty whom they've never met. Under the spell of an exotic new location, the foursome are in for a few life-altering experiences. Stars Joan Plowright and Miranda Richardson. Rated PG Running Time: 101 minutes.

Thursday, Nov. 11 — Center Closed — Veterans Day

New: Tales in the Village

Mark your calendars for the third Wednesday of each month beginning January 2011 when we welcome some of the area's finest storytellers to the Village Center. In January, we will kick off a new monthly series entitled, "Tales in the Village." This series will continue each month from 7:30 to 8:30 p.m. For a sound bite of storytelling for adults from Ellouise Schoettler, arrive at 7:15 p.m., just before the Nov. 17 concert.

Thursday, Nov. 18, 7:30 p.m. — Book Signing with *Maurine Beasley* — see page 4 for details.

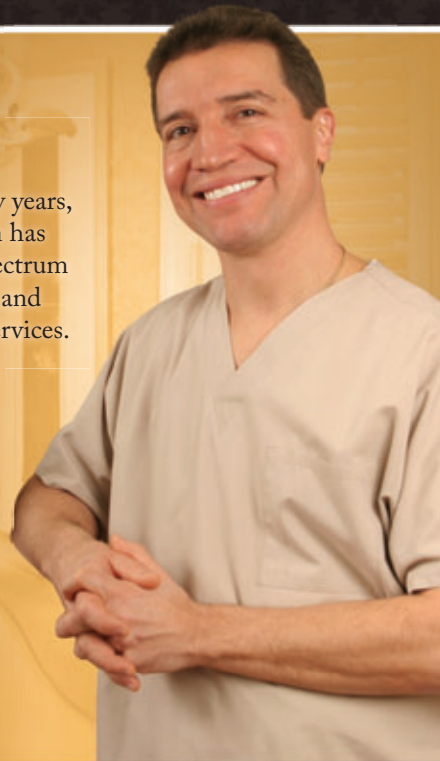
Thursday, Nov. 25, Center Closed — Happy Thanksgiving!



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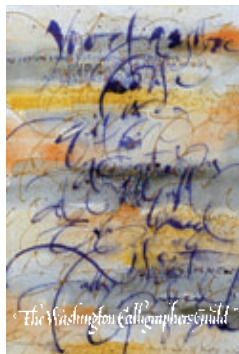
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ART and CULTURE

Washington Calligraphers to exhibit in November

"A Way With Words" is the name of this month's exhibit in Friendship Gallery. Founded in 1976, the Washington Calligraphers Guild is a nonprofit organization of about 500 American and international lettering artists of all skill levels, from professional scribes to enthusiastic beginners and even some non-calligraphers who appreciate the lettering and book arts. It is recognized as one of the most active calligraphic groups in the world. The Guild offers monthly program meetings as well as an extensive workshop program, which are open to members and the general public. WCG also administers the annual Graceful Envelope Contest, in cooperation with the National Association of Letter Carriers, AFL-CIO. The contest celebrates the art of calligraphy in correspondence. For more information, please visit www.calligraphersguild.org.



Calligraphy
by Judy Melvin

The exhibit runs from November 1 to 30. All are invited to a reception to meet the artists on **Sunday, Nov. 14, from 11:30 a.m. to 1:30 p.m.**

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sun-

day, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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References available

Friendship Heights
Village Center



Calendar
of Events

2010

N O V E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>2</div> <div>Election Day Polls Open 7 a.m. – 8 p.m. No nurses or tea today Shuttle bus on regular weekday schedule 8:15 a.m.: Walking Club 5 p.m.: Beginning Bridge</div>	<div>3</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Kathie Trahan</div>	<div>4</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie</div>	<div>5</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 1 p.m.: Improving Your Memory Workshop 7 – 9 p.m.: Artisan Fair-Preview Party</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 - 3 p.m.: Artisan Fair</div>
	<div>7</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 1 p.m.: Depart for Arena Stage</div>	<div>8</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 p.m.: Friendship Heights Council Meeting</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses</div>	<div>10</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Savvy Eating for the Holidays” 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Dixie Power Trio</div>	<div>11</div> <div>Veterans Day Center Open 9 a.m. to 2 p.m. 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi</div>	<div>12</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>
	<div>13</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>	<div>14</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>15</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:45 a.m.: Depart for Arlington Cemetery 11 a.m.: Village Book Club 12:30 p.m.: Vision Support 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates</div>	<div>17</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 7:15 p.m.: Storytelling Preview 7:30 p.m.: Concert: John Brown Band</div>	<div>18</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7:30 p.m.: Book Signing with Maurine Beasley: Eleanor Roosevelt</div>
	<div>19</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: Nancy Roman on Astronomy</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs</div>	<div>21</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>22</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates 7:30 p.m.: Great Courses</div>	<div>24</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Health Insurance Counseling NO CONCERT</div>
	<div>25</div> <div>Happy Thanksgiving! Center Closed </div>	<div>26</div> <div>Center Open 9 a.m. to 2 p.m. 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	<div>27</div> <div>8:15 a.m.: Walking Club</div>	<div>28</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>29</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9 a.m.: Depart for Mount Vernon 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 5 p.m.: Beginning Bridge 7 p.m.: Pilates</div>

Memory workshop

Jane Priest, Chief Program Officer for the Alzheimers Association of the National Capital Area, will present a workshop on how to improve your memory at the Village Center on **Friday, Nov. 5, from 1 to 2 p.m.**

Ms. Priest will provide practical information as well exercises to do in class and tip sheets to take home. She is an experienced health care professional with a broad background in health care management, wellness services for community programs and clinical medical care.

Please call 301-656-2797 to sign up. Registration is important so there will be plenty of hand-outs for everyone.

Shuttle bus hours

Monday through Friday
Saturday and Sunday

6:40 a.m. to 9:40 p.m.
8 a.m. to 7 p.m.



Village Center Hours

Monday through Thursday
Friday
Saturday and Sunday

9 a.m. to 9 p.m.
9 a.m. to 5 p.m.
9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

‘Tis the season to share: food and toy collection

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna served nearly 36,000 households this year and distributed more than 47,000 “Smart Sacks” to elementary school children.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, the following items are needed for Smart Sacks, Manna’s innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins. **Important: please check expiration dates before bringing donations and do not bring anything in a glass jar.**

New toys will also be collected and delivered to needy children in the area.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskell, begins Dec. 6. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Feb. 14 (class will not meet Jan. 17). Maximum number of students is 16.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Nov. 17. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Dec. 29 (class will not meet Nov. 24).

EXERCISE AND FITNESS

CHAIR EXERCISE WITH TONYA

This 6-week class begins Nov. 10. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$62 for residents; \$69 for nonresidents. Session ends Dec. 15.

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Nov. 9. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance,

flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat and a set of 1-, 2-, or 3 - lbs. weights. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$80 for residents and \$90 for nonresidents. Questions? Email Gingerrusteach@yahoo.com. Session ends Dec. 14.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Nov. 5. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$45 for residents; \$50 for nonresidents. Session ends Dec. 17 (class will not meet Nov. 26).

STRENGTH TRAINING WITH TONYA

This 6-week class begins Nov. 15. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$62 for residents; \$69 for nonresidents. Session ends Dec. 20.

TAI CHI (THURSDAY)

This 12-week class begins Dec. 16. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends

March 3.

TAI CHI (TUESDAY)

This 12-week class begins Dec. 14. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Session ends March 1.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

CONCERTS

Free live music is presented every Wednesday evening. Check the calendar and concert page for each week's performance information. No registration is required. All are welcome.

FHUN

The Friendship Heights Urban Network (FHUN) is a group dedicated to bringing together young professionals, young parents, and college students. The group organizes monthly events in the area. For more information, check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings from 7:30 to 8:30. The DVD series is produced by The Teaching Company, renown for selecting gifted teachers, lecturers and historians to address their topics. Check the calendar for dates.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan

Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Basketball at American

As a follow-up to their appearance at the Taste of Friendship Heights, the American University Basketball teams are inviting all Village residents, family members and friends to attend a home game by offering a "Buy One Ticket, Get One Ticket Free" for the men's Nov. 12 game versus St. Francis and the Dec. 2 women's game vs. George Mason. Village residents can reserve tickets in two ways: a) online at www.AUeagles.com/tickets and entering "Friendship" code at checkout; b) by calling 202-885-TIXX(8499) and mentioning "Friendship" to the representative. Ticket prices range from \$6 for the women's game to \$10 to \$15 for the men's game. Youth tickets are \$7.



Photo by Joel Williams

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CONCERTS

Concerts are performed Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, Nov. 3 — Kathie Trahan— Flutist Kathie Trahan will be performing with singer/pianist Chris Urquuiaga in a program of light classical, classical jazz, Brazilian and pops.

Wednesday, Nov. 10 — Dixie Power Trio — Hailing from Fredericksburg, Va., this four-man “trio” delivers an exciting combination of New Orleans jazz, Dixieland and zydeco. Led by Zack Smith, the band also features Andy Kochenour, Wayne Wilkinson and Byron McWilliams.

Wednesday, Nov. 17 — John Brown Band — Seasoned musician and drummer John Brown brings his five-piece band and a vocalist to the Village Center for an evening of music from the “Great American Songbook.” The program will include songs made famous by

Frank Sinatra and Tony Bennett, as well as familiar tunes from Hollywood and Broadway.

Wednesday, Nov. 24 — NO CONCERT

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TO YOUR HEALTH

Savvy eating for the Holidays

It is very easy to overindulge when we are with friends and family during the holidays. In fact, the average American eats in excess of 8,000 calories at these special meals. But holidays and weight gain do not have to be synonymous. Join dietitian Jill Johnson at this month's Suburban Health Lecture at the Village Center on **Wednesday, Nov. 10, at 1 p.m.** and learn the skills that will help you achieve a healthy holiday season this year.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.

Vision Support Group: What you should know about eye testing equipment

Have you ever left an eye doctor appointment not understanding the diagnosis or what tests have been performed? Clete Clark, Certified Ophthalmic Technician and Operations Manager at Washington Eye Physicians and Surgeons, will discuss everything from routine testing equipment to more specialized tests at this month's Vision Support Group Lunch and Learn.

Bring a bag lunch and join the group at the Village Center on **Tuesday Nov. 16, at 12:30 p.m.** Peanut butter, jelly, and bread will be supplied if you don't have time to fix a lunch—and dessert and beverage will be provided. The Vision Support Group is a partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Please call 301-656-2797 to register.

Friendship Gourmet Market



- Beer
- Sandwiches
- Pizza



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Sun 9am-7pm



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www.neuropathysummit.org or call 212-692-0662



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Cafe Muse presents...

This month's Café Muse, on **Monday, Nov. 15, at 7 p.m.**, presents poets Barbara Goldberg and David Salner.

Barbara Goldberg is the author of four books of poetry, including *The Royal Baker's Daughter*, winner of the 2008 Felix Pollak Poetry Prize, and is co-translator and editor with Israeli poet Moshe Dor, of two anthologies of contemporary Israeli poetry: *After the First Rain: Israeli Poems of War and Peace* and *The Stones Remember*, winner of the Witter Bynner Foundation Award.

David Salner is the author of four books including *John Henry's Partner Speaks* and *Working Here*. His poems have appeared in numerous publications such as *Threepenny Review*, *North American Review*, *Witness*, and he has received grants from the Puffin Foundation and Maryland State Arts Council.

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"May I skip Dental X-rays today?" X-rays are energy waves that pass through the body to form a picture from the inside. Dental X-rays are important to diagnose problems of

the teeth, bone and gums that dentist cannot see. But X-rays should be taken only when necessary, since radiation does affect people by depositing energy in the body and could cause damage or death to cells. The amount of radiation used in dental X-rays is very small. A unit called *rem* is used to measure radiation. A Dental Check up X-rays (4 films) are 0.2-0.3 *mrem*s (takes 1,000 *mrem* to make 1 *rem*), a Full mouth X-ray (20 films) is 1-1.5 *mrem* and a Panoramic X-ray is 0.6-1.1 *mrem*. A Full Mouth X-rays is less radiation than what a person receives from natural resources in a month, also Dental X-ray beams are restricted to the head and patients are protected with a leaded apron that covers them from the abdomen to the neck. Dental X-rays taken with responsibility are not a problem. Frequency of Dental X-rays must be determined by age, risk, health status and signs and symptoms of oral disease. Please discuss with your Dentist an X-ray schedule that benefits both of you.

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Email dentist@hosakadental.com for questions or comments.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworkssdc.com.

Donate those used eyeglasses

Are your old eyeglasses obsolete? Why not donate them to Lions Club. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.



JAPANESE RESTAURANT

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5455 Wisconsin Ave

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Dinner Special \$35.00

5:30 TO 6:30pm

First Course

Maine Lobster & Asparagus Suimono

Or

Warm Baby Spinach Salad

Second Course

Crispy Shrimp, served with Chili Ponzu

Or

Sashimi Appetizer

Or

Salmon Ceviche

Third Course

Sushi Assortment (12 pc)

Or

Beef Tenderloin Tataki with red wine & daikon butter

Or

Shrimp Vegetable Tempura

NO SUBSTITUTIONS



Our Town

A Play Reading presented by the Brighton Gardens at Friendship Heights Drama Club

Looking for some fun on a fall afternoon? Why not join us here at Brighton Gardens at Friendship Heights for a very special performance of Thornton Wilder's 'Our Town,' featuring the talented actors of our resident Drama Club. Stay afterward to meet the performers and enjoy some light refreshments.

We make it easier for senior couples to stay together when more care and assistance are needed—now for less. Our new savings for couples are only the start of all we have to offer you. Since 1981, we've helped families care for family. Leave the caregiving to us, so you can spend time doing the things you enjoy—together. Sunrise Senior Living is proud to provide seniors, families and caregivers with innovative senior living and care options.

Light refreshments will be served following the performance.



Event Details

**Saturday
November 14th
2:00 p.m.**

***Please RSVP to
301-656-1900
by November 11.***



Brighton Gardens at Friendship Heights

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Village Council Corner

Council prepares for snow

At its monthly public session on October 12, the Village Council approved a renewal of our contract



Photo by Alvan Morris

with Mulheron Tree Experts for snow removal services in the Village. The contract will run through the winter of 2013. The Council and residents attending the meeting praised Mulheron for its excellent work removing our snow promptly, particularly during the blizzards this past winter. Our thanks also to the building managers in the community for their efforts in clearing snow on their properties.

4602 N. Park work progresses

As this goes to press, the rehabilitation of the office space at 4602 North Park is nearly completed. We are looking for a new tenant; interested parties should call Julian Mansfield or Robert Shapiro at 301-656-2797. Go to www.friendshipheightsmd.gov/whatsnew.htm for more information.

Another Successful Taste of FH

Maggiano's (pictured below) joined 12 other area restaurants at the Taste of Friendship Heights. More than 12,000 tickets were sold at this event—the largest total to date—which generated a charitable donation of \$2,300 to the Community Council for the Homeless at Friendship Place. Special thanks to our corporate sponsors, restaurants, volunteers and everyone who attended.

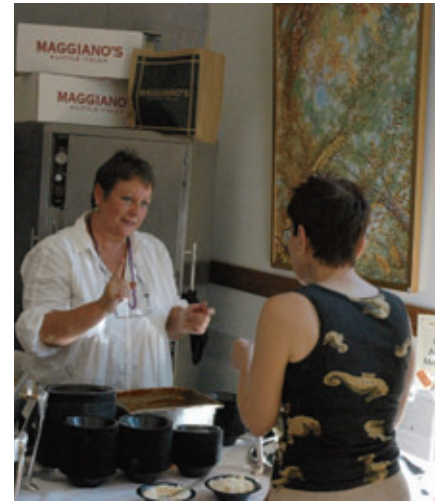


Photo by Joel Williams



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

November 2010 events calendar